

Vegan Bread



2:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 45 minutes
- **Recipe makes** 10 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	Per 1 portion		Per 10 portions		
Fat	19.8g	17.8g LCT	198g	178g LCT	
		2.0g MCT		20g MCT	
Protein	7.0g		70g		
Carbohydrate	2.7g		27.2g		
Energy (kcal)	217		2173		



Enhancing Lives Together



Vegan Bread

Ingredients	Quantity	Your recipe
Sunflower seeds, peeled, chopped	20g	
Ground flaxseed cold milled	75g	
Ground almonds	200g	
Plain white flour	10g	
Psyllium husk	10g	
Baking powder Barkats carb-free	25g	
Sesame seeds	40g	
Xanthan gum	10g	
K-Quik	100g	
Water	180g	

Method:

1. Pre heat oven to 180°C / fan 160°C / gas mark 4.
2. Mix the chopped sunflower seeds, ground flaxseed, ground almonds, flour, psyllium husk, baking powder, sesame seeds and xanthan gum together in a bowl.
3. Using a mixer, add **K-Quik** and water to the mix and knead with a dough hook for approximately 3 minutes.
4. Put dough into a non-stick baking tin (approximate size 16cm x 8cm x 4cm) and bake for 45 minutes.
5. Remove from the oven and leave to cool for 15 minutes, before turning out to cool fully.



Always check with your dietitian what is suitable for you

- Serve with favourite keto fillings for sandwiches.

K-Quik is a food for special medical purposes and must be used under medical supervision.

This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.

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